

AN APPLE A DAY REALLY WILL KEEP THE DOCTOR AWAY

How does the old adage go? An apple a day keeps the doctor away? Well, believe it or not this old saying is very true. Recent research has revealed that the flavanoids, fructose, and hearty fiber from the skin of an apple can help us in maintaining our health through various avenues.

Apples do not contain fat, cholesterol, or sodium which tend to be instigators of poor heart health in our society. Apples do contain small amounts of potassium, flavanoids such as pectin, phytonutrients like quercetin, fructose, and fiber that not only help keep you regular but can also prevent the onset of certain diseases.

A recent study by Cornell scientists showed that the flavanoid quercetin, helps protect cells against oxidative stress. Apples also contain other antioxidant chemicals, but quercetin is the most abundant and active chemical. Antioxidants help protect the body's cells from free radicals by breaking them down and eliminating the free radicals from the body. Antioxidants also inhibit the production of substances that can cause damage to normal cells. These flavanoids and phytonutrients also supply major bioactive compounds that reduce the rise of neurodegenerative diseases such as Alzheimer's and Parkinson's disease. Some scientists even tout quercetin as a greater cancer fighter than vitamin C, which apples also contain. The abundance of vitamins, minerals, and fiber that an apple contains also contributes to a healthier heart and has been shown to help prevent high cholesterol, hypertension, and heart disease.

It is important that after working out you eat a healthy meal to help replenish the "fuel" that your body has used during exercise. Apples are a great addition to that post-workout meal because of the many vitamins, minerals, phytonutrients, and antioxidants that they contain. Apples are composed of low glycemic carbohydrates, otherwise known as "good" carbs. Low glycemic carbohydrates tend to be metabolized slower causing an increased caloric burn from the thermo-genetic process that digestion causes within the body. This allows for a slower, more steady, release of insulin and blood glucose (sugar) into the blood stream. When you eat high glycemic carbohydrates (white bread, candy, etc.) this causes a spike in insulin resulting in a rapid increase in blood glucose levels causing the body to store more fat. Obviously we don't want to store more fat!

So, by eating an apple a day you are helping yourself in many ways. For a more well rounded snack try adding natural peanut butter to your apple or a half-cup of cottage cheese.



Town of
Beech Mountain

